



The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

Join Dr. David Frawley & Yogini Shambhavi on Yoga Shakti Retreat to experience the wisdom of the ancient Vedic teachings on Pilgrimage in Varanasi and the Himalayas.

Deepening Your Inner Spiritual Journey

2024 November 18 - December 2

14 Mystical Nights Ritualizing Your Yoga Shakti

Celebrate Your Yoga Sadhana in the Land of Shiva & Shakti

Join Dr. David Frawley & Yogini Shambhavi in India celebrating and realizing that the Universe, Mother Earth, Mother Nature and the Celestial heavens are auspicious.

Deepen your Yogic Relationship with the Divine, Vedic Wisdom, Guru-Teacher, Five Elements, Mantra, Tantra, Jyotisha & Ayurveda.

Yogic relationships guide us in exploring our self-expression, personal experiences, sensuality and inner divining by being in sync with the Universe.

Cultivating Yogic Relationships

Dr. David Frawley & Yogini Shambhavi will guide each sadhaka (spiritual seeker) through the deeper teachings of Vedic Wisdom, to grant us the boons of deep wisdom, expansive Prana and rejuvenation of heart mind and body.

Cultivating Yogic Relationships requires -

- Harmonizing the Silence Within Ourselves
- Mantra Yoga the Power to heal & Harmonize
- Tantra Yoga Enhancing Our Senses & Sensual nature
- Awakening the Prana Shakti in our lives
- Conscious Ayurvedic Yoga Asana Practices
- Ritualizing Our Lifestyles
- Being in Gratitude & Graciousness

\$365 Early Bird Discount for registration by July 1

Practical experience during this Yoga Shakti Retreat include darshan (sacred visits) at Goddess temples, Havans and yagyas (Vedic fire ceremonies), Pujas (sacred flower rituals), mantra, meditation and wish-fulfilling offerings, sharing the profound teachings of Yoga, Ayurveda, Vedanta, Mantra and Shakti Sadhana.



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The Land of Divine Yogic Energies

Varanasi and the Himalayan state of Uttarakhand are the lands of the Gods and Goddesses. Our sacred pilgrimage (Yatra) will guide us through Delhi, Varanasi, Ranikhet, Binsar and Jageshwar to ancient Shakti and Shiva temples.

Pilgrimage Retreat Includes

- Shared or Private Accommodations
- Daily Brunch and Dinner
- Vedic Classes with Dr. David Frawley & Yogini Shambhavi
- Ayurvedic Yoga Asana Classes
- Mantra Practice
- Vedic Rituals to Enhance our everyday Spiritual Life
- Temple Tours and Ritual
- Gratitude Meditations
- Evening Arati and Prayers
- Night Satsanghas & Interaction with Dr. David Frawley & Yogini Shambhavi
- Travel during the Retreat

Not Included in Pilgrimage Retreat

- Air-fare
- Transfers to and from Airport
- Travel, Medical and Cancellation Insurance
- Temple Offerings
- Tips and Gratuities

Options Available at Additional Cost

- \$150USD per night stay in Delhi upon arrival and departure
- \$50USD airport transfer (one-way)
- **\$150USD Vedic Astrology Readings with Shambhaviji** to understand one's spiritual perspective of balancing the emotional, mental, relationship and career life.
- **\$100USD Ayurvedic Therapy and Treatments** for personalized deep rejuvenation and healing
- **\$100USD Personal Pujas**
Panditji will be guided by your Vedic chart to understand which planets need harmonizing
- **\$100USD Ayurvedic Consultations with Shankari** to strengthen immunity through balancing Doshas and building Prana, Tejas & Ojas.



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Investment

Shared Accommodations \$5,695 USD
Private Accommodations \$7,695 USD

Payment Details

\$1500 USD due upon registration
Balance due by October 15, 2024

Locations

DELHI - Nov 18-19 · 2 nights
VARANASI - Nov 20-22 · 3 nights
JIM CORBETT TIGER RESERVE - Nov 23-24 · 2 nights
RANIKHET - Nov 25 to Dec 2 · 7 nights

Yoga Shakti Retreat Program Teachers

Dr. David Frawley (Vamadeva Shastri) is Vedic teacher (Vedacharya) and author of over fifty published books on Yoga, Ayurveda and Vedic studies translated into twenty languages worldwide.

Vamadeva has been one of the main teachers bringing Yoga and Ayurveda to the West over the last forty years, helping to found Yoga and Ayurveda programs, schools, and associations in North and South America, Europe, the Middle East and Asia. His work is highly respected in India where he is the only western Vedic teacher to receive the Padma Bhushan, one of the highest civilian awards of the government of India (2015). He has done many programs with the Ministry of AYUSH in India as well. He is also a Sanskrit scholar known for his in-depth study of Vedic and Yogic texts, including the Yoga Sutras.

Vamadeva is director of the American Institute of Vedic Studies in the United States, which offers resources and courses in Vedic knowledge systems of Yoga, Vedanta, Ayurveda and Jyotish. He emphasizes the interrelationship of all these Vedic disciplines and their global relevance for the future of humanity.



The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

Yogini Shambhavi is a mystic visionary, Jyotisha consultant, best-selling author, spiritual counselor and educator of ancient Vedic traditions.

As an important and dynamic woman teacher of the deeper aspects of Yoga coming out of India today, her teachings are rooted in the ancient traditions of Vedanta, Jyotisha (Vedic Astrology) Bhakti Yoga, Shakti Sadhana, Tantra and Mantra Yoga.

Yogini Shambhavi is appreciated for her devotional Shakta teachings, insightful and intuitive Jyotisha guidance, powerful Vedic chanting, and Yoga Shakti retreats worldwide.

Through her experiential and personal teachings, she offers guidance to sadhakas on the spiritual path to discover the Shakti or Goddess power within themselves.

As the wife of Dr. David Frawley (Padma Bhushan) She is the Co-Director of the American Institute of Vedic Studies, Santa Fe NM, and conducts international training programs and Online Courses in Yoga, Ayurveda, Vedic astrology and Vedic Counseling with Dr. David Frawley.

In her book, *Yogini: Unfolding the Goddess Within*, Shambhavi shares all her personal spiritual experiences in Varanasi, Ranikhet and Jageshwar for sadhakas to have a deeper sense and feeling of the Yatra (sacred pilgrimage) experience.

Yogi Yogesh Van Acker is co-director of AT THE CORE School of Yoga, Meditation and Ayurveda in London, Ontario Canada. He brings his strong and stable energy to share Ayurvedic Treatments, Yoga Asana classes and Mantra Chanting practice incorporating Ayurvedic Principles to balance seasonal and daily energies.

Yogesh brings in the understanding of how to work with the Five Great Elements of Ayurveda in Asana, Pranayama and Mantra, empowering each person to align with their own natural creative power.

Shankari Van Acker is founder of AT THE CORE which she co-directs with her husband Yogesh Van Acker. Her experiential offerings of Yoga, Ayurveda, Meditation and Jyotisha blossom enthusiastically from her deep dedication to study and practice of the Vedic Teachings and her Teachers Vamadevaji and Shambhaviji.

Shankari integrates the wisdom and experience into practical delights through Ayurvedic Therapies & Cooking, Herbal Healing, Vedic Counselling and creative Course offerings.



The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

Our Pilgrimage Locations

DELHI

Our India Yoga Shakti Pilgrimage begins in Delhi. We will meet the group of Seekers to understand each other in our travels. We will visit powerful and ancient temples around Delhi.

Visit Yogamaya Siddha temple and Shanidham, renowned Saturn temple and making offerings to propitiate Saturn, the great karmic leveler among the planets.

Visit to Akshardham temple, the largest modern Hindu temple in the world, and bask in the many opportunities to experience and learn about India's vast spiritual heritage and world contributions.

Lodhi Garden is a delightful oasis in the heart of Delhi, with old trees, beautiful flowers, birds amidst old monuments with amazing architecture.

Enjoy free time for personal sight-seeing and shopping.

VARANASI

We will fly to Varanasi, Kashi Vishwanath in Uttar Pradesh on November 20th for 3 mystical nights.

Bharata, India is mystical and the city of Varanasi or Kashi is a spiritual amalgamation of ancient, medieval and modern India. It is a spiritual seeker's treasure cove of experience, and every seeker here receives illumination, a dousing of mysticism, and perception of the Ultimate Reality. The city pulsates with both Life and Death; nowhere else in the world will this be experienced simultaneously. Kashi represents timelessness, not just unfolding the cycle of birth and death. The city pulsates with the longings, prayers, breath and sweat of millions of people and visitors from all over the world.

Varanasi or Kashi Vishwanath is the city of Shiva, the Cosmic Lord, manifesting as the Destroyer, but in the role of Ishvara, he grants us Grace and protection for he is Creator and Sustainer as well. As Destroyer, he doesn't destroy the soul, but only the world of His illusion. Everything that is bound by time must perish, and by freeing us from time, Shiva renders us timeless.

Sadhana of Yogini Shambhavi drew her to Varanasi in her early thirties, trying to understand life, its existence and death. During the evenings she'd take a boat and move down the river watching the evening aarti, the ritual fire offering. In a row, young priests in crisp white dhotis, bare bodied would perform the Aarti or fire offerings illuminating the night sky with flashing plumes through the air with powerful Vedic chants.

Varanasi's narrow lanes or 'Gullies' are an experience, with its intricately painted walls we learn to maneuver life alongside the cows, dogs, humans, motorcyclists, chaiwallahs, drying colorful laundry and a peep into open doorways and the local's lifestyles.

We will share a very special treat of the famous Varanasi Thali. Thali is an ancient Bharatiya or Indian tradition with several different delicacies which create a balance of all the five taste elements that build



The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

our overall perception of flavour – sweet, salty, bitter and umami (savory). Traditionally, Thalís were based on the Ayurvedic concept of ‘Desha’ which says that one must eat what grows in the region locally.

Varanasi is renowned for its historic ceremonial eighty four Ghats, and is a walking experience of liberating the atman or soul. These riverfront steps lead to the flowing sacred Ganga River, where Seekers bathe, offer prayers, puja, sit in contemplation and meditation.

Some of the famous ghats are Assi ghat, Ahilya ghat, Tulsi ghat, Kedar ghat, Dashashwamedh ghat, Scindia ghat. Whereas Manikarnika ghat and Harishchandra ghat are cremation ghats, abodes to liberate the soul, a timeless dance of life and death alongside the flowing sacred Ganga.

In her book, *Yogini: Unfolding the Goddess Within*, Shambhavi shares all her personal spiritual experiences in Varanasi for sadhakas to have a deeper sense and feeling of the Yatra (sacred pilgrimage) experience.

JIM CORBETT TIGER RESERVE

On November 23rd, we will arrive in the foothills of Nainital, to spend two magical nights at the Tiger Reserve. Being in the Tiger Reserve will be a deeper lesson in ‘Silence’, where we learn to connect with the animal spirit world, the flora and fauna.

Nature and Animals have always been our first ‘Gurus.’ Our spiritual experiences with Shiva and Shakti have been inspired by the Elements and wildlife.

Corbett National Park is a dense deciduous forest and grasslands, comprising 520.8 km² (201.1 sq mi) area of hills, riverine belts, marshy depressions, grasslands and a large lake. The elevation ranges from 1,300 to 4,000 ft (400 to 1,220 m).

Besides the Tiger and Elephants, you will find around 110 tree species, 50 species of mammals, 580 bird species and 25 reptile species, a diverse variety of fauna.

RANIKHET

On November 25th, we will arrive in Ranikhet, Uttarakhand in the Himalayas, which holds ancient wisdom and Shakti powers. Sacred travels are always joyous experiences, Yatras or sacred journeys are most auspicious times, not mere journeys. Take this opportunity for knowing your deeper Self and harmonizing at the deepest core level of your being on this celestial journey.

Uttarakhand in the Hindu Puranas or ancient texts is referred to as Deva Bhoomi, the land of ‘Devas’ Gods and Goddesses! Our sacred sojourn will guide us through Ranikhet, Jageshwar and the ancient Surya temple in the Kumaon Himalayan region, paying obeisance at powerful Shakti and Shiva temples where Yogini Shambhavi has been doing her personal Devi Tantric sadhana for over thirty years in this region.




The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

The divine blessings of Devi, the Mother Goddess nurture, sustain and prepare us for the quintessential bliss and peace of Lord Shiva. In Jageshwar, we will honour Shiva as Mahamrityunjaya, who takes us beyond all death and suffering.

The festivities in our Yoga Shakti journey will include darshan and meditations at Shiva and Shakti temples. Havan (yagya fire ceremonies), Pujas (sacred rituals), Mantra meditations and wish fulfilling offerings along with daily teachings are part of the celebrations.

Views of the Himalayan peaks like Trishul  are spectacular from our retreat place and we will visit the quaint Ranikhet market place, which holds the charm of ancient times.

We will guide you once you sign up for the program with mantras to begin energizing in your daily practices so you may receive its Siddhi (divine power). Create and manifest your Sankalpa Shakti or sacred intents. Meditate on your spiritual aspirations and make note of your sacred wishes.

We will enjoy delicious, nutritious vegetarian meals during our yatra.

In her book, Yogini: Unfolding the Goddess Within, Shambhavi shares all her personal spiritual experiences in Ranikhet and Jageshwar for sadhakas to have a deeper sense and feeling of the Yatra (sacred pilgrimage) experience.

Jhula Devi Durga Temple

This ancient Devi shrine was built in the 8th century, amidst the tranquil settings of nature. Jhula Devi Temple has Durga sitting on a jhula, a swing. Folklore explains that the Durga murti or form was found by a shepherd who was guided by the Goddess herself in his dream. Locals believe that Durga protects the people of the valley.

It is Shambhaviji's personal experience that tying a bell on the temple wall for a wish to be granted will be fulfilled. When the wish is granted, the seeker returns to tie another bell in gratitude.

The present temple complex is known for the countless number of the bells, which are the testimony to the Divine and the healing powers of "Maa Jhula Devi". The pristine forests of deodar, pine, oak and various firs are home to the Himalayan leopards, spotted at dawn and dusk, sometimes sitting by the roadside on dark nights.

Ranikhet market holds the charm of ancient times, laden with colorful chunris, red with golden edged stoles as offerings for the Goddess during Navaratri. Shops with colored glass bangles, metal vessels, silver traditional jewelry, locally printed wedding outfits. Fresh vegetables and fruit are a delight for every local shopper.

Kalika Temple

Is dedicated to Maa Kali as 'Mother of the Universe'. A short climb up the hill through dense forests takes us there for her blessings.

Jageshwar

Driving along the Kosi river leads us to the beautiful forest sanctuary reserve of Binsar with dense forests of Oak, Rhododendron, Pine and Deodar trees, and magnificent views in nature.



The American Institute of Vedic Studies

2024 India Yoga Shakti Retreat

Beyond Binsar is **Jageshwar**, the Hindu pilgrimage town dedicated to Lord Shiva. According to ancient stories, Lord Shiva came to this place to meditate, drawing all the village women for his darshan. The village men were perturbed with the women leaving their household chores to seek the blessings of Shiva. To appease the men, Shiva took the form of a young child and is ever since worshipped here as Batuka Bhairava.

Jageshwar is regarded as one of the most important Shiva temples in India first built by the ancient Pashupata Shaivites several thousand years ago, holding many secrets of the ancient Vedic and Shaivite Yogas, and has long been one of the main Himalayan pilgrimage sites on the way to Mount Kailas in Tibet. Many great Yogis have stayed and done their tapas here, including our Sadguru, Sri Sivananda Murtyji.

The stone temples dating from the 9th to 13th century are encircled with deep blue deodar forests. Intricate stone carving decorate the temples of Dandeshwar, Jageshwar, Mahamrityunjaya and the Navagraha (nine planets). Sacred rituals and fire ceremonies done here ward off obstacles, accidents and negativity in our lives. Some view Jageshwar as one of the twelve sacred Shiva Linga temples, specially empowered to take us beyond death and suffering.

We will visit Golu Devata Chitai Devi Temple on Jageshwar Dham Road, revered as the goddess of justice. Pilgrims seek her blessings by tying a metal bell along with a note of the injustice done to them in writing.

Her Divine grace ensures justice to everyone who calls upon her. Once the problems are taken care of we return to tie a bell at the temple in gratitude.

Katarmal Surya Temple

At Katarmal Surya Temple, Yogi Yogesh will guide us through the Surya Namaskar.

The magnificent Katarmal Surya Mandir is a 9th-century temple built by Katarmalla, a Katyuri King, a Hindu Rajput dynasty. It is a sentinel of ancient times in the architectural style of 9th century artisans. This Hindu temple at an elevation of 2,116 meters above sea level has a short trek through the village.

This Surya Mandir (Sun Temple) is also known as Badaditya (Baraditya) Temple.

The shrine is dedicated to the ancient avatar of the Sun Devata known as Burhadita or Vraddhaditya. Surrounded by 44 smaller temples constructed at different periods in time, built out of large slabs of locally quarried stone which were then transported on hilly roads, a feat in itself in a period predating tarmac roads.

While all the temples have intricate carvings on pillars and walls, the main shrine has been designed with great thought and in accordance with the cycles of nature. On certain days of the year, especially around the time of the equinox, the light supposedly passes through an opening in the walls and illuminates the main vighraha or divine form.



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Experience Pristine Shiva & Shakti Energies

Our unique Yoga Shakti Retreat and Temple pilgrimage into the Himalayas has been devised for everyone who wishes to embrace the power and delight of the Mother Goddess in her sacred timeless abode in nature, unraveling the mysticism of the cosmic reality in our own lives today!

We will explore the importance of Bhakti Yoga, Vedantic Self-knowledge, Ayurvedic Healing and Rejuvenation and Jyotisha, the secret light of Vedic astrology. Learn to integrate their deeper essence and wisdom into our everyday lives, through a renewed and transformed perception of the entire universe within us!

REGISTER FOR MORE INFORMATION

<https://www.vedanet.com/india-yoga-retreats/>

FOR QUESTIONS CONTACT

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